

Flexible Lesson Plan

Unit: Motivational Formula

Date: March 26, 2020

Your Lesson Plan:

Plan your lesson based on your time constraints. You may want to identify a time estimate and priority for each element as well as some alternative activities that you can use in case you need to change your approach to meet the needs of your group.

Attention-getter / Warm-ups / Brief movie clip: Time: 3 min

Update on Coronavirus: On the Navajo Nation, Coronavirus has infected 69 people. We are on a Shelter In Place order which means everyone should stay home. Staying home will help stop the spread of Coronavirus. Remember to wash your hands often.

Priority: _____ Visual Walkthrough Time: 8 min

Imagine yourself in a flood where you are caught up in the water being carried down the river. What are your thoughts and feelings? How will you face this challenge? You are moving fast and there is no time for thought. What will you do?

Priority: _____ Music Activity Time: 4 -6 min

Listening to music is different for everyone. Take a moment to listen to a favorite tune .

Priority: _____ Learning Activity Time: 5 min

Challenges is something we all face in life. Your attitude, the choices you make and your education will help you overcome. Talk to your parents about the Coronavirus challenge. Are you feeling scared, happy to be home, excited, etc.

Priority: _____ Journal Activity Time: 5 min

Write or talk about how water is used in our everyday lives. We need water to survive. How does it help our body? We need water to produce a very important part of everyday life. Can you guess what that is: electricity! Talk about life without electricity.

Priority: _____ Example Stories / Resources Time: 8 min

Parents can share a story where they were challenged and explain the skills they needed to overcome. What feelings did they have. It is ok to let your child know your feelings so they are aware is it ok to be sad, angry or frustrated.

Total Lesson Time: 35 min